



# SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with 'A' Grade (3.58/4) | Awarded Category I by UGC

Founder: Prof. Dr. S. B. Mujumdar, M.Sc., Ph.D. (Awarded Padma Bhushan and Padma Shri by President of India)

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## Department of Sports Recreation and Wellness (DSRW)

### Annual Report 2021-22

Sports and Games are essential components of human resource development, helping to promote good health, comradeship and spirit of healthy competition which in turn has positive impact on holistic development of personality of the Youth who are the potential source of energy, enthusiasm and inspiration for development, progress and prosperity of a Nation. The Department of Sports Recreation and Wellness is the principal sports promotion body for development of sports infrastructure, participation in sports at grass-root levels as well as excelling at national Sports Tournaments. The Department emphasizes on Physical Literacy for students, faculty and staff for lifelong improvement in their quality of life. The Department provides access to state of art playfields and Gymnasiums at all campuses, fitness and wellness programs, multiple group classes, sports competitions and counselling.

In the academic year 2021-22 (more than half of the year), physical participation in Sports and other activities was restricted due to Covid-19 Pandemic, hence the Department of Sports, Recreation & Wellness introduced;

Online weekly workout sessions & challenges for the staff & students

- Virtual runs/walks/marathons
- Personalized yoga classes
- Daily live virtual physical activity sessions (Zumba, Aerobics, Yoga, Strength Training etc.)
- Virtual sports quiz
- Activity breaks in Hybrid mode
- Self-fitness testing (Hybrid mode).

DSRW designs and offers diverse programs, activities and mass events to achieve its primary goal of a Healthy, Fit and Physically Literate Symbiosis Community. With an emphasis on advocacy and an attempt towards behavior modification for Life. The virtual activities are a coordinated and comprehensive approach to promoting the health and well-being of all stakeholders at the University during this health crisis. In fact, we have observed that we could engage bigger numbers in all our events. The highlight of the year being two-fold, the first being, virtual physical fitness testing and the second being the golden jubilee year celebrations- Symbithon 2.0 which had 9000+ participants from all states of India / 26 locations in India and from 13 different countries.

### **ACTIVITIES CONDUCTED:**

#### Physical Fitness

- **Physical Fitness Assessment:** All students and staff are administered standardized fitness test every year, as fitness testing is a great way to monitor and assess various physical abilities. The data collected is analyzed, interventions recommended and free counseling and personal training sessions are offered. Last year due to the pandemic the self-fitness tests were conducted in the virtual mode. The interventions include personalized Counselling for all in need and a special effort was made to target the executives.
- Online fitness training sessions are being conducted to keep the students and staff physically active during the pandemic, here student and staff are being trained on the following fitness activities using online video conferencing platforms.
  - Cardio HIIT
  - Full body workout
  - Personal transformation sessions
  - Zumba
  - Yoga
  - General Asanas & Meditation
  - Cyclic meditation
  - Weekly Yoga challenges
  - Fitness counselling

**Mass Sporting and Physical Activity events:** Emphasis is given to Sporting and Physical Activity events which are live events, highly visual and very inspiring. These are accessible and welcoming for all ages, shapes and paces. They work towards personal wellness rather than only fitness and build confidence rather than competitiveness. Some events that were conducted in the virtual mode are:

- **International Day of Yoga** – A Month long Virtual Yoga program was conducted in the months of May - June 2021. The IDY planner was prepared keeping the COVID-19 pandemic in mind, as it has led to high levels of psychological distress in the general public, including symptoms of anxiety and depression. The 21<sup>st</sup> June 2021 was celebrated with Yogasana, Suryanamaskar and Pranayama. Due to Covid emphasis was given to building a strong Respiratory and immune system.
- **Fitness for Freedom Run-** Virtual Fitness for Freedom Run/Walk (10<sup>th</sup> Edition) 2021-22 was celebrated at Symbiosis with 3 different events. The events were as follows: -
  1. Virtual Inter-Collegiate Fitness for Freedom Run (FFR) 2021 conducted on the 5<sup>th</sup> August 2021.
  2. National Integration walk for leaders @ Symbiosis conducted on the 14<sup>th</sup> August 2021.
  3. Virtual Fitness for Freedom Run 2021 for SIU students and Staff conducted on 15<sup>th</sup> August 2021.

Participants were given a choice to run/ walk any one of the race distances of 3 KM (Above 40 years) for Staff Category, 5 KM (Below 40 years) for staff category and Students (Male / Female), wherever they were located and at any time on 15<sup>th</sup> Aug 2021 (6:00 am - 11:00 pm) at their convenience. Participants were asked to use any step count mobile app and share the screenshot.

- **National sports day (Quiz and photography)** - National Sports Day was celebrated on 30<sup>th</sup> of August 2021 (virtually). An Inter Institute Sports Quiz and Sports Photography Competition was held.
- **Symbithon** - Symbithon is a Virtual run/walk event was organized from 29<sup>th</sup> September to 10<sup>th</sup> October 2021 to raise public awareness of NCDs, with particular emphasis on exercise and fitness as a component of preventing and managing these diseases. It aimed

to get one and all physically active with special emphasis on heart health. Students, faculty, staff, and alumni from 13 countries and the community at large, participated in the event. The response was exceptional and the event was a grand success.

- **Kite Flying Activity** - was organized by the Department of Sports, Recreation & Wellness (DSRW) on 28<sup>th</sup> Jan, 2022 for the staff at Symbiosis International University (SIU) Lavale.
- **Symbi Fit** – Symbi Fit is a fitness contest with a difference. It provides an opportunity for Symbiosis Staff and Students to display their fitness levels and onstage personality. It includes an obstacle course, beep test and a stage performance judged by celebrity guests. Symbi Fit 7.0 commenced on 14<sup>th</sup> Feb 2022.

### **Competitions**

- Inter institute Chess (Men & Women) 2021 competitions was conducted in virtual mode from 21<sup>st</sup> September and 22<sup>nd</sup> September, 2021.
- Intra campus tournaments: Intra campus tournaments were conducted in Badminton, Basketball, Chess, Carrom, Cricket, Futsal, Table Tennis and Volleyball at Lavale, Hinjewadi, Viman Nagar and Nagpur campus in the month of October and November 2021.
- SIU shooting team participated in AIU Shooting Championship 2021-22 from 31<sup>st</sup> March to 03<sup>rd</sup> April 2022, held at Manav Rachna International Institute, Faridabad, Haryana and second team participated AIU Shooting Championship 2021-22 from 09<sup>th</sup> April to 12<sup>th</sup> April 2022, held at Swami Vivekanand Subharti University, Meerut.

### **Innovative Activities**

These activities provide the variation and challenge that everyone is looking for and include:

- **Activity Breaks** -Short duration breaks which maybe icebreakers, action songs, Yoga or an exercise sequence conducted during academic meetings, conferences, workshops and in office settings to sensitize the staff and educate them about importance of physical fitness. (7 hours Sleep Challenge / 8 Glasses of Water Challenge / Cycle to Work Challenge / daily monitoring resting heart rate to enable DSRW to devise interventions to improve fitness and promote healthy habits among staff)

- **Yoga Pop ups** -The concept involves promoting the practice of Yoga through Pop-Ups which would display on every employee's desktop at a specified time throughout the day -4 times a day in all campuses.
  
- **75 Crore Surya Namaskar project:** The Department of Sports, Recreation & Wellness, Symbiosis International (Deemed University) conducted a 21-days Surya Namaskar project proposed by the Ministry of Youth Affairs & Sports, wherein we offered virtual Yoga sessions for Suryanamaskar practice to the students, staff and their friends and family. The Surya Namaskar project countdown program started on the 24<sup>th</sup> January, 2022 and concluded on the 18<sup>th</sup> of February, 2022. Live yoga sessions were conducted twice on all the days (morning and evening) with focus on the practice of Suryanamaskar. The classes were conducted by trained DSRW experts and received tremendous response with participants' numbers ranging from 50 to 180 in every session. Since the sessions were conducted virtually, sessions saw participation from the family members too. Total participation in the event was 1525 in 42 sessions.
  
- **Virtual Sports events** -Sports Councils at Institute level have conducted several virtual events throughout the year with activities ranging from
  - Virtual sports talk
  - Sports quizzes
  - Chess competitions
  - Instagram physical activity challenges
  - Scavenger hunts
  - Fantasy leagues
  - Call of Duty tournament
  - Ludo tournament,
  - Cyclothon
  - Walkathons
  
- **Wednesday Walk** – To keep staff active during the pandemic a walk for 30 minutes with various warm up exercises are being conducted every Wednesday in the physical and virtual mode. This has helped in getting the staff physically active.

Participation details in events and activities conducted by DSRW during A.Y. 2021-22 are as appended below in Table No.1 to Table No. 4.

**Table No 1  
Physical Fitness**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
Self-Fitness Test	A.Y 2021-22	Virtual	15918	1272	17190
Online fitness training sessions	A.Y 2021-22	Virtual	1546	2567	4113
Fitness counselling (students / Staff and Executives)	A.Y 2021-22	Virtual	1090		1090

**Table No 2**

**Mass Sporting and Physical Activity events**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
International Day of Yoga- 2021	21 <sup>st</sup> June 2021	Virtual	1200	6249	7449
Fitness for Freedom Run	14 <sup>th</sup> Aug 2021	Virtual	1207	605	1812
National sports day (Quiz)	30 <sup>th</sup> Aug 2021	Virtual	56 Teams	11 Teams	222
National sports day (Photography)	30 <sup>th</sup> Aug 2021	Virtual	75		
Symbithon	29 <sup>th</sup> Sep to 10 <sup>th</sup> Oct 2021	Virtual	9031		9031
Kite Flying Activity	28 <sup>th</sup> January 2022	Physical	Nil	34	34
Symbifit	14 <sup>th</sup> Feb 2022	Physical	630	247	877

**Table No. 3  
Competitions**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
Inter institute chess (Women)	21 <sup>st</sup> Sep – 22 <sup>nd</sup> Sep 2021	Virtual	149 (34 Institutes)	Nil	149
Intra campus tournaments (Badminton, Basketball, Chess, Carrom, Cricket, Futsal, Table Tennis and Volleyball)	Oct – Nov 2021		372 (21 institutes)	Nil	372
AIU Shooting championship	31 <sup>st</sup> March to 3 <sup>rd</sup> April 2022  9 <sup>th</sup> April – 12 <sup>th</sup> April 2022	Physical	02	Nil	02

**Table No.4  
Innovative Activities**

Name of Event	Date of Event	Mode of Conduct	No of Students Participated	No of Staff participated	Total Participation
Activity Break (585)	A.Y 2021-22	Physical / Virtual	Nil	4443	4443
Wednesday Walk (334)	A.Y. 2021-22	Virtual / Physical	Nil	4001	4001
Weekly Work out Challenges (44)	A.T. 2021-22	Virtual	1221		1221
75 Crore Surya Namaskar (42 sessions)	24 <sup>th</sup> Jan 2022 to 18 <sup>th</sup> Feb 2022	Virtual	885	640	1525

# Photographs of Events and Activities- 2020-21

## International Day of Yoga 2021





## Fitness for Freedom Run (Virtual + Physical) -2021



Flag off by  
Dr. S.B Muiumdar Sir



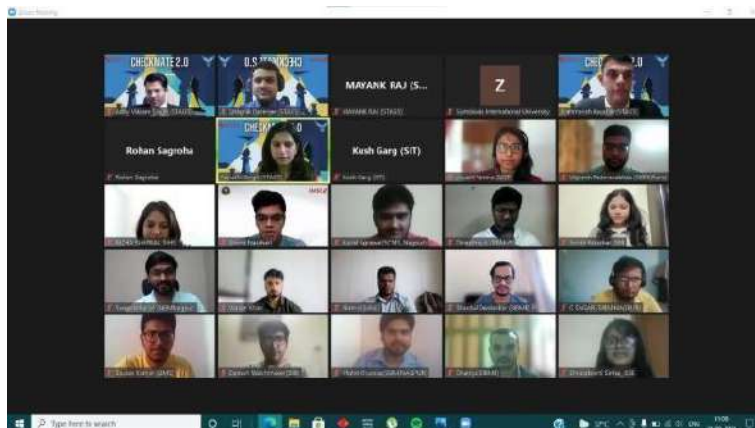
**National Sports Day-2021**



## SYMBITHON 2021, Lavale Campus (Virtual + Physical)



## Inter Institute Chess (Women) -2021 Virtual Mode



## Kite Flying - 2021



**SYMBIOSIS INTERNATIONAL UNIVERSITY**

**SYMBIFIT** **2021-22 Winners** **DSRW**

<b>Aeman Sultan</b> SCIT	<b>Shivam Sharma</b> SICSR	<b>Dipali More</b> SCMHRD	<b>Suryakant Shinde</b> SSLA	<b>Manisha Kedare</b> SSSS	<b>Ramesh Jagtap</b> SIOM

**Congratulations!!!**

Department of Sports Recreation & Wellness

**Weekly Workout Challenge:**



**Online Fitness Activity:**



**Executive Fitness Counselling:**



**Online training session for Class II & Class III by Head RWC**



Inter University Competitions during the Academic Year 2021-22

1	Shooting Women	MANAV RACHNA University, Faridabad Haryana	31st to 3rd April 2022	Ms. Zainab Bandoowala, participated in AIU Shooting Championship 2022 in 50m Rifle 3P Women
2	Shooting Women	Swami Vivekanand Subharti University, Meerut (U.P.)	9th to 12th April 2022	Ms. Reshma Pachisia, participated in AIU Shooting Championship 2022 in 10m Air Rifle 3P Women



Dr. Nayana Nimkar  
Director, DSRW